

**WINEBOX**

**Quinta da Espiga branco**

With this creamy fish curry we suggest a spicy and full wine from Portugal. The creamyness of the curry goes well with the fat in the wine.

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WEEK 44  
2016

**A culinary question while cooking?**  
Send us a free WhatsApp message from 16:00 - 21:00 to +31 (0) 6 2727 3232.

Take a picture of your dish and share it via social media. The best photo will win a surprise!

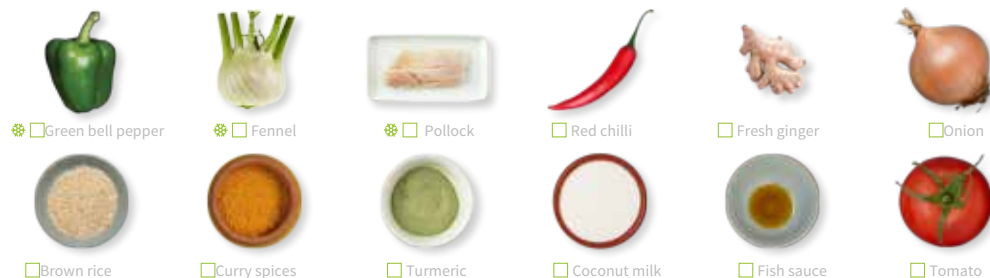
## Creamy fish curry with vegetables and brown rice

Flavored with turmeric and curry spices

This fish curry is made using pollock. The pollock is the lesser known sister of the cod and can be prepared in a similar way. The pollock gets its full flavor from the saithe herring, smelt, sprats and shrimps on which it feeds.

store in refrigerator

- 25-30 min
- easy
- eat at the beginning
- spicy
- lactose free
- gluten free



## Ingredients

	1P	2P	3P	4P	5P	6P
Red chilli	¼	½	¾	1	1¼	1½
Fresh ginger (cm)	1	2	3	4	5	6
Onion	½	1	1½	2	2½	3
Green bell pepper	½	1	1½	2	2½	3
Fennel	100	200	300	400	500	600
Brown rice (g)	85	170	250	335	420	500
Curry spices (tsp.)	2	4	6	8	10	12
Turmeric (tsp.)	½	1	1½	2	2½	3
Coconut milk (ml)	75	150	250	350	400	500
Fish sauce (ml) 4) 9) 12) 19)	5	10	15	20	25	30
Tomato	1	2	2	3	3	4
pollock 4)	1	2	3	4	5	6
Sunflower oil (tbsp.)*	½	1	1	1½	1½	2
Honey (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

**Nutrition Facts** 654 kcal | 30 g protein | 80 g carbs | 21 g fat, of which 12 g saturated | 11 g fibres

\* Add yourself

## Allergens

4) Fish 9) Celery  
12) Sulfite  
May contain traces of  
19) peanuts.

## Utensils

Pot with lid, stir-fry or  
sauté pan with lid



**1** Boil 250 ml of water per person in a pot with a lid for the rice.

**2** Remove the seeds from the red chilli, peel the ginger and chop both. Chop the onion and slice the green pepper small. Cut the fennel into quarters, remove the core and slice the fennel small.

**3** Cook the rice, covered, for 12 - 15 minutes. Drain, if necessary, and let steam with the lid on.

**4** Meanwhile, heat the sunflower oil in a stir-fry or sauté pan with a lid and cook the onion, ginger and half the red chilli for 2 minutes on low heat. Add the paprika, fennel, curry and turmeric and stir-fry for 1 minute.

**5** Add the coconut milk, fish sauce, honey and 25 ml of water per person the stir-fry or sauté pan. Let simmer, covered, for 5 minutes.

**6** Meanwhile, dice the tomatoes and cut the pollock into 4 equal pieces. Add the tomatoes to the curry, place the pollock on top of the curry and simmer, covered, for 6 minutes. Season with salt and pepper.

**7** Divide rice and fish curry on the plates. Garnish with the remaining red chilli.



**Tip!** The coconut milk may form lumps. This does not mean that the milk is spoiled. The clumps are fats from the coconut milk which provide an extra full flavor. Just give it a good stir!

Don't you like spicy food? Then be careful with adding raw red chilli as garnishing.



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WIJNBOX

#### Synera tinto

This red wine has a cool and dark character. Delicious in the fall and a perfect match with the Brandt & Levie sausage.



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## Endive stew with Brandt & Levie sausage and herb cheese

A delicious parsley and garlic sausage

For this stew you start off with a fresh mix of the delicious vegetables endive and radicchio. Radicchio belongs to the same type of plant as chicory does and has a similar bitter taste. The onion is baked in balsamic vinegar to add a sweet taste to the dish.

store in refrigerator



25-30 min



easy



eat within  
3 days



kid  
friendly



gluten free



Parsley and  
garlic sausage



Mix with endive  
and radicchio



Herb cheese cubes



Doré potatoes



Red onion

## Ingredients

	1P	2P	3P	4P	5P	6P
Doré potatoes (g)	300	600	900	1200	1500	1800
Red onion	½	1	1½	2	2½	3
Parsley and garlic sausage	1	2	3	4	5	6
Mix with endive and radicchio (g) <b>23)</b>	200	400	600	800	1000	1200
Herb cheese cubes (g) <b>7)</b>	25	50	75	100	125	150
Real butter (tbsp.)*	1	2	2	3	3	4
Black balsamic vinegar (tbsp.)*	1	2	3	4	5	6
Milk*				Dash		
Mustard (tsp.)*	1	2	3	4	5	6
Pepper and salt*				To Taste		

\* Add yourself

## Allergens

**7)** Milk/lactose  
May contain traces of  
**23)** celery.

## Utensils

Pot with lid, frying pan with lid, stir-fry or sauté pan, potato-masher

**Nutrition Facts** 729 kcal | 33 g protein | 67 g carbs | 34 g fat, of which 17 g saturated | 10 g fibres



**1** Boil 400 ml of water per person in a pot with lid for the potatoes (doré). Peel and wash the potatoes thoroughly, cut into large pieces and cook, covered, for 15 minutes. Drain, reserving a small part of the cooking liquid, and leave without a lid to steam.



**2** Meanwhile, slice the red onion into thin rings. Heat half of the butter in a frying pan with a lid and cook the sausage for 3 - 4 minutes until browned over medium heat. Add the red onion and black balsamic vinegar and stir-fry for 1 minute. Then turn the heat to low, cover the pan, and cook for 10 minutes.



**3** Meanwhile, heat the remaining butter in a stir-fry or sauté pan and fry ¾ of the endive and radicchio for 5 minutes over medium heat.

**4** Mash the potatoes with the potato masher until a coarse puree. Add a dash of milk or cooking liquid to make it smooth. Stir the cooked and raw endive with radicchio into the stew and season with mustard, pepper and salt.



**5** Arrange the endive stew on plates, garnish with the fried red onion and herb cheese cubes. Serve with the sausage.

**Tip!** Do you want a slightly fresher dish? Then make a honey-mustard sauce using 1 tbsp. olive oil, 1 tsp. mustard, 1 tsp. honey, 1 tsp. white balsamic vinegar, 1 tsp. boiling water, and a pinch of pepper and salt per person and garnish the stew with this.

Do you want to make a gravy for the stew? Remove the sausage and onion from the frying pan and keep warm in the pan of stew. Add a little boiling water or leftover cooking liquid and give the pan a good stir. Add an extra knob of butter and season to taste with salt and pepper.





WINE BOX

### Espiga tinto

With this lasagna you can pour a wood aged wine. The spiciness of the dish contrasts nicely with the firmness of the wine.



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## Lasagna with fresh herbs and grana padano

Flavored with thyme, oregano and sage

Delicious lasagna, a recipe from Italy. The perfect dish that can already be made in advance. You only need a moment to warm it up before serving. The homemade lasagna sauce gives it some extra love. The herb mix of thyme, oregano and sage make this dish extra tasty.

store in refrigerator



35-40 min



a lot of steps



eat within 5 days



vegetarian



kid friendly



Leek



Fresh thyme



Fresh oregano



Fresh sage



Grana padano



Lasagne sheets



Garlic clove



Zucchini



Cooking cream

## Ingredients

	1P	2P	3P	4P	5P	6P
Garlic clove	1	2	3	4	5	6
Leek	½	1	1½	2	2½	3
<b>Zucchini</b>	½	1	1½	2	2½	3
Fresh thyme (stems) <b>23)</b>	1	2	3	4	5	6
Fresh oregano (stems) <b>23)</b>	1	2	3	4	5	6
Fresh sage (leaves) <b>23)</b>	2	4	6	8	10	12
Cooking cream (tbsp.) <b>7)</b>	3	6	8	10	12	14
Grana padano (g) <b>3) 7)</b>	25	50	75	100	125	150
Lasagne sheets <b>1) 3)</b>	2	4	6	8	10	12
Vegetable bouillon (ml) <b>*</b>	200	400	600	800	1000	1200
Real butter (tbsp.) <b>*</b>	1	2	3	4	5	6
Flour (tbsp.) <b>*</b>	1	2	3	4	5	6
Olive oil (tsp.) <b>*</b>	½	1	1½	2	2½	3
Pepper and salt <b>*</b>	To Taste					

**\*** Add yourself

## Allergens

**1)** Gluten **3)** Eggs  
**7)** Milk/lactose  
May contain traces of  
**23)** celery.

## Utensils

Stir-fry or sauté pan,  
whisk, baking dish

**Nutrition Facts** 695 kcal | 25 g protein | 68 g carbs | 33 g fat, of which 19 g saturated | 9 g fibres



**1** Preheat the oven to 200 degrees and prepare the vegetable bouillon. Cut or press the garlic. Cut the leek into thin rings and cut the zucchini into thin slices. Remove the required leaves from the stems of fresh herbs (thyme, oregano, sage) and cut or chop finely.



**2** Heat the butter in a stir-fry or sauté pan and fry the garlic for 2 minutes on low heat. Add the flour and cook, stirring, for 1 minute over medium heat. Add ½ of the bouillon and stir with a whisk until the the bouillon has been absorbed. Repeat this process 2 more times with the remaining bouillon, bring to a boil and cook for 1 minute.



**3** Then add the leeks and fresh herbs to the sauce and let cook for 3 - 4 minutes. Finally, add the cream, ⅓ of grana padano and salt and pepper to taste and stir.



**4** Grease a baking dish with olive oil. Pour, to begin with, a thin layer of sauce into the baking dish. Cover with lasagne sheets. Place a few slices of zucchini on the lasagne sheets and cover again with a layer of sauce. Repeat until you have just a thin layer of sauce left.

**5** Top the lasagna off with a layer of sauce and sprinkle the remaining grana padano on top.

**6** Bake the lasagna 20 - 25 minutes in the preheated oven until the cheese has a nice crispy layer. Allow to rest for 3 minutes before serving. This way the lasagna is firmer. Spread the lasagna on the plates.

**Tip!** You'll probably continue to see lumps in your sauce. No problem, this is the garlic.



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WIJNBOX

### Masan rosé

For this recipe we chose a rosé with strength and structure. Delicious in combination with the tuna and tomato saus.



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## Spaghetti with tuna, tomato sauce and fresh salad

Delicious in combination with crunchy sunflower seeds

A delicious warm spaghetti with tomato sauce which you season to taste with Italian herbs. As a twist you add tuna to it. You cook the sweet, black balsamic vinegar for a little while so that acid can vaporize. You serve the spaghetti with a salad.

store in refrigerator



20-25 min



super easy



eat within  
3 days



kid  
friendly



Cucumber



Lettuce



Onion



Garlic clove



Tomato



Tuna



Sunflower seeds



Spaghetti integrale



Paprika powder



Oregano



Tomato puree

## Ingredients

	1P	2P	3P	4P	5P	6P
Onion	½	1	1½	2	2½	3
Garlic clove	1	2	3	4	5	6
Tomato	2	4	6	8	10	12
Tuna (can) <b>4)</b>	1	2	3	4	5	6
Sunflower oil (g) <b>19) 22)</b>	10	15	20	25	30	35
Spaghetti integrale (g) <b>1)</b>	90	180	270	360	450	540
Paprika powder (tsp.)	1½	3	4½	6	7½	9
Oregano (tsp.)	1	2	3	4	5	6
Tomato puree (can)	¼	½	¾	1	1¼	1½
Cucumber	¼	½	¾	1	1¼	1½
Lettuce (g) <b>23)</b>	40	80	120	160	200	240
Real butter (tbsp.)*	½	1	1	1½	1½	2
Black balsamic vinegar (tsp.)*	1½	3	4½	6	7½	9
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**1)** Gluten **4)** Fish  
May contain traces of  
**19)** peanuts, **22)** nuts and  
**23)** celery.

## Utensils

Pot with lid, stir-fry or  
sauté pan with lid,  
vegetable peeler or  
cheese slicer, salad bowl

**Nutrition Facts** 702 kcal | 36 g protein | 74 g carbs | 27 g fat, of which 7 g saturated | 11 g fibres



**1** Boil 500 ml of water per person for the spaghetti in a pot with a lid.

**2** Chop the onion and cut or press the garlic. Cut the tomato into cubes. Drain the tuna and set the oil aside.

**3** Heat a stir-fry or sauté pan with a lid over high heat and fry the sunflower seeds, without oil, until golden brown. Set aside.

**4** Cook the spaghetti, covered, for 10 - 12 minutes. Then drain and let steam without a lid.

**5** Heat the butter in a stir-fry or sauté pan with a lid and cook the onion and garlic for 2 minutes on low heat. In the last 30 seconds add the paprika powder and oregano.

**6** Then add the tomato puree, tomato and 1 tbsp. black balsamic vinegar per person and cook for 1 minute on high heat. Season with salt and pepper and simmer, covered, for 5 minutes. In last minute add the tuna.

**7** Meanwhile slice the cucumber into thin slices using a vegetable peeler or cheese slicer and store in a salad bowl. Add half of the lettuce. Season with oil from the tuna, ½ tsp. black balsamic vinegar per person, salt and pepper and garnish with fried sunflower seeds.

**8** Add the spaghetti and the remaining lettuce to the sauce and heat whilst stirring for 1 more minute. Divide the dish onto the plates. Possibly drizzle to taste with the remaining olive oil from the tuna and serve with the salad.







## JAMIE'S CHICKEN THIGHS WITH PAPRIKA POWDER, SPICY BULGUR & SALAD



with **Jamie  
Oliver**

Cooking is made easy  
with Hello Fresh

Spiced chicken with delicious bulgur and a crisp, citrus salad with diced feta - an amazing weeknight meal. This is one of my favorite ways to prepare chicken - we season the thighs and store them flat so they are fast cooked and don't dry out. A chicken thigh contains half the daily requirement of vitamin B12, which our body needs to produce red blood cells. Bonus!



40 minuten



healthy

store in refrigerator



bulgur



spring onion



red chilli



leaf spinach



fresh parsley



lime



chicken thigh



smoked paprika powder



carrot



apple



feta

### For 1 person

- 75 g bulgur
- 1 spring onion
- ½ red chilli
- 25g leaf spinach
- 2 stems fresh parsley
- 1 lime
- 2 chicken thighs
- ½ tsp. smoked paprika powder
- 1 carrot
- 1 Elstar apple
- 15g feta

**Add yourself:** extra virgin olive oil, olive oil, sea salt and black pepper

### Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
543 kcal	29.8 g	6.8 g	29.3 g	40.9 g	22.2 g	1.5 g	7.7 g

**Allergens:** wheat, gluten, milk

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1. Cook the **bulgur** for 15 to 17 minutes, or until softened, in a small saucepan of boiling salted water over medium heat. Remove from heat, drain, put back in the pan, cover, and set aside.
2. Meanwhile, clean the **spring onion** and chilli (remove the seeds), then chop finely together with the spinach and place both in a medium sized mixing bowl.
3. Remove the **parsley leaves** from the stem and chop finely. Keep a quarter of them separately and add the rest to the bowl.
4. Add almost all the juice from the **lime**, 1 tbsp. extra virgin olive oil, and salt and pepper to taste. Mix and set aside.
5. Place a medium frying pan over medium heat.
6. Season the **chicken thighs** with **paprika powder**. Cover them with greaseproof paper or cling film and flatten them, using a saucepan or spatula, to a thickness of 1.5 cm.
7. Remove the paper or foil, sprinkle the **chicken thighs** with olive oil and bake for 10 to 12 minutes until golden brown. Turn once halfway. Let the **chicken**, covered by a plate, rest.
8. Meanwhile, stir in the **bulgur** and then divide onto the plates.
9. Peel the **carrots**, remove the core from the **apple**, and grate them into the mixing bowl. Add the leftover chopped **parsley**, the remainder of the **lime juice** and a dash of extra virgin olive oil, and toss.
10. Cut the **chicken** into 2 cm wide strips and put it on top of the **bulgur**. Sprinkle the salad, and crumble the **feta**, on top and enjoy your meal.

*Jamie*



Have fun cooking! And do not forget to take a picture and share! #hellojamie

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## For 2 persons

- 150 g bulgur
- 2 spring onion
- 1 red chilli
- 50g leaf spinach
- 3 stems fresh parsley
- 1 lime
- 4 chicken thighs
- 1 tsp. smoked paprika powder
- 1 carrot
- 1 Elstar apple
- 25g feta

**Add yourself:** extra virgin olive oil, olive oil, sea salt and black pepper

## Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
424.5 kcal	21.9 g	5.4 g	27.9 g	29.8 g	11.8 g	1.3 g	5.3 g

**Allergens:** wheat, gluten, milk

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1. Cook the **bulgur** for 15 to 17 minutes, or until softened, in a small saucepan of boiling salted water over medium heat. Remove from heat, drain, put back in the pan, cover, and set aside.
2. Meanwhile, clean the **spring onion** and chilli (remove the seeds), then chop finely together with the spinach and place both in a medium sized mixing bowl.
3. Remove the **parsley leaves** from the stem and chop finely. Keep a quarter of them separately and add the rest to the bowl.
4. Add almost all the juice from the **lime**, 1 tbsp. extra virgin olive oil, and salt and pepper to taste. Mix and set aside.
5. Place a medium frying pan over medium heat.
6. Season the **chicken thighs** with **paprika powder**. Cover them with greaseproof paper or cling film and flatten them, using a saucepan or spatula, to a thickness of 1.5 cm.
7. Remove the paper or foil, sprinkle the **chicken thighs** with olive oil and bake for 10 to 12 minutes until golden brown. Turn once halfway. Let the **chicken**, covered by a plate, rest.
8. Meanwhile, stir in the **bulgur** and then divide onto the plates.
9. Peel the **carrots**, remove the core from the **apple**, and grate them into the mixing bowl. Add the leftover chopped **parsley**, the remainder of the **lime juice** and a dash of extra virgin olive oil, and toss.
10. Cut the **chicken** into 2 cm wide strips and put it on top of the **bulgur**. Sprinkle the salad, and crumble the **feta**, on top and enjoy your meal.

*Jamie*



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### For 3 persons

- 225 g bulgur
- 3 spring onion
- 2 red chilli
- 75g leaf spinach
- 4 stems fresh parsley
- 2 lime
- 6 chicken thighs
- 1½ tsp. smoked paprika powder
- 1 carrot
- 1 Elstar apple
- 35g feta

**Add yourself:** extra virgin olive oil, olive oil, sea salt and black pepper

### Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
393.9kcal	20.8g	3.9g	25.8g	26.3g	8.5g	1g	3.9g

**Allergens:** wheat, gluten, milk

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1. Cook the **bulgur** for 15 to 17 minutes, or until softened, in a small saucepan of boiling salted water over medium heat. Remove from heat, drain, put back in the pan, cover, and set aside.
9. Peel the **carrots**, remove the core from the **apple**, and grate them into the mixing bowl. Add the leftover chopped **parsley**, the remainder of the **lime juice** and a dash of extra virgin olive oil, and toss.



2. Meanwhile, clean the **spring onion** and chilli (remove the seeds), then chop finely together with the spinach and place both in a medium sized mixing bowl.
10. Cut the **chicken** into 2 cm wide strips and put it on top of the **bulgur**. Sprinkle the salad, and crumble the **feta**, on top and enjoy your meal.

*Jamie O*



3. Remove the **parsley leaves** from the stem and chop finely. Keep a quarter of them separately and add the rest to the bowl.
4. Add almost all the juice from the **lime**, 1 tbsp. extra virgin olive oil, and salt and pepper to taste. Mix and set aside.



5. Place a medium frying pan over medium heat.
6. Season the **chicken thighs** with **paprika powder**. Cover them with greaseproof paper or cling film and flatten them, using a saucepan or spatula, to a thickness of 1.5 cm.
7. Remove the paper or foil, sprinkle the **chicken thighs** with olive oil and bake for 10 to 12 minutes until golden brown. Turn once halfway. Let the **chicken**, covered by a plate, rest.
8. Meanwhile, stir in the **bulgur** and then divide onto the plates.



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#### For 4 persons

- 300 g bulgur
- 4 spring onion
- 2 red chilli
- 100g leaf spinach
- 5 stems fresh parsley
- 2 lime
- 8 chicken thighs
- 2 tsp. smoked paprika powder
- 1 carrot
- 2 Elstar apple
- 50g feta

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**Add yourself:** extra virgin olive oil, olive oil, sea salt and black pepper

#### Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
391.3 kcal	20.3 g	5.2 g	27.8 g	25 g	7 g	1.3 g	4.5 g

**Allergens:** wheat, gluten, milk



1. Cook the **bulgur** for 15 to 17 minutes, or until softened, in a small saucepan of boiling salted water over medium heat. Remove from heat, drain, put back in the pan, cover, and set aside.
2. Meanwhile, clean the **spring onion** and chilli (remove the seeds), then chop finely together with the spinach and place both in a medium sized mixing bowl.
3. Remove the **parsley leaves** from the stem and chop finely. Keep a quarter of them separately and add the rest to the bowl.
4. Add almost all the juice from the **lime**, 1 tbsp. extra virgin olive oil, and salt and pepper to taste. Mix and set aside.
5. Place a medium frying pan over medium heat.
6. Season the **chicken thighs** with **paprika powder**. Cover them with greaseproof paper or cling film and flatten them, using a saucepan or spatula, to a thickness of 1.5 cm.
7. Remove the paper or foil, sprinkle the **chicken thighs** with olive oil and bake for 10 to 12 minutes until golden brown. Turn once halfway. Let the **chicken**, covered by a plate, rest.
8. Meanwhile, stir in the **bulgur** and then divide onto the plates.
9. Peel the **carrots**, remove the core from the **apple**, and grate them into the mixing bowl. Add the leftover chopped **parsley**, the remainder of the **lime juice** and a dash of extra virgin olive oil, and toss.
10. Cut the **chicken** into 2 cm wide strips and put it on top of the **bulgur**. Sprinkle the salad, and crumble the **feta**, on top and enjoy your meal.

*Jamie*



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### For 5 persons

- 375 g bulgur
- 5 spring onion
- 3 red chilli
- 125g leaf spinach
- 6 stems fresh parsley
- 3 lime
- 10 chicken thighs
- 2½ tsp. smoked paprika powder
- 2 carrot
- 2 Elstar apple
- 65g feta

**Add yourself:** extra virgin olive oil, olive oil, sea salt and black pepper

### Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
346.9 kcal	14.8 g	3.1 g	26.1 g	27.8 g	9.9 g	0.8 g	5.4 g

**Allergens:** wheat, gluten, milk

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1. Cook the **bulgur** for 15 to 17 minutes, or until softened, in a small saucepan of boiling salted water over medium heat. Remove from heat, drain, put back in the pan, cover, and set aside.
2. Meanwhile, clean the **spring onion** and chilli (remove the seeds), then chop finely together with the spinach and place both in a medium sized mixing bowl.
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WIJNBOX

**Cabriz tinto**  
Dutch cuisine with Portuguese elegance. Thanks to 4 months of aging in wood this wine combines perfectly with old cheese.



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Take a picture of your dish and share it via social media. The best photo will win a surprise!

## Dutch potato dish with cheese and fresh tarragon

Season with crunchy spring onions

Bechamel sauce, also known as white sauce, widely used in the French and Italian cuisine as a base sauce. When you have melted the butter and added the flour, a so-called roux is created. Bring this classic sauce to taste with self-grated nutmeg!

store in refrigerator



30-35 min



a lot of steps



eat within 3 days



vegetarisch



kid friendly



Cauliflower



Potato slices



Fennel



Fresh tarragon



Spring onion



Old cheese



Onion



Garlic clove



Nutmeg



## Ingredients

	1P	2P	3P	4P	5P	6P
Cauliflower (g)	150	300	450	600	750	900
Potato slices (g)	200	400	600	800	1000	1200
Onion	½	1	1	2	2	3
Garlic clove	1	2	2	3	3	4
Fennel	½	1	1½	2	2½	3
Nutmeg (bal)	1	1	1	1	1	1
Fresh tarragon (stems) <b>23</b>	2	4	6	8	10	12
Spring onion	2	4	6	8	10	12
Old cheese (g) <b>7</b>	50	100	150	200	250	300
Vegetable bouillon (ml)*	150	300	450	600	750	900
Real butter (tbsp.)*	1	2	3	4	5	6
Flour (tbsp.)*	3	6	9	12	15	18
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**7)** Milk/lactose  
May contain traces of  
**23)** celery.

## Utensils

Pot with lid, skimmer,  
fine grater, stir-fry or  
sauté pan, whisk, oven  
dish

**Nutrition Facts** 637 kcal | 26 g protein | 65 g carbs | 27 g fat, of which 17 g saturated | 13 g fibres



**1** Preheat the oven to 220 degrees. Boil 500 ml of water per person in a pot with a lid for the cauliflower and prepare the bouillon.

**2** Cut the flower of the cauliflower into florets and stalk into cubes. Cook, covered, for 10 minutes over medium heat. Spoon the cauliflower from the pot with a slotted spoon and then boil the potatoes 2 - 3 minutes in the same water. Drain and set aside.

**3** Chop the onion and cut or press the garlic. Cut the fennel into quarters, remove the core and cut the fennel small. Grate the nutmeg with a fine grater. Remove the tarragon leaves from the stems and chop finely. Cut the spring onions into rings.

**4** Heat most of the butter in a stir-fry or sauté pan with a lid and fry the onion and garlic for 1 minute on low heat. Add the flour and cook, stirring for 2 minutes on medium heat. Add ⅓ of the bouillon and stir with a whisk until the bouillon is absorbed. Repeat this process 2 more times with the remaining bouillon. Bring to the boil and cook for 1 minute.

**5** Add the fennel and ½ tsp. nutmeg per person and cook, covered, for 6 - 7 minutes. In the last minute add the cauliflower, half of the tarragon, 2/3 of the spring onions and half of the old cheese and let it melt whilst stirring.

**6** Grease a baking dish with the remaining butter. Divide the potato slices across the bottom, cover with the cauliflower mixture, garnish with the remaining cheese and bake for 15 minutes in the oven.

**7** Divide the dish on the plates. Garnish to taste with the remaining tarragon and spring onion.

**Tip!** Do you not have a lot of time? Serve the potatoes and cauliflower with sauce on the side and garnish with spring onions and cheese.







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WINEBOX

### Berticot Cuvée Première Cabernet Sauvignon

Cabernet sauvignon is a grape with a solid dark skin and you can taste that in this tough wine. Delicious with this soup!



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## Sweet potato - celeriac soup with pumpkin seeds and bread

This time you make the cheese baguette yourself

The combination of sweet potato with celeriac in this soup is soft and sweet. The roasted pumpkin seeds make for an exciting crunch. Useful tips to peel the celeriac can be found on our blog.



25-30 min



super easy



eat within  
5 days



vegetarian



kid  
friendly

store in refrigerator



Celeriac



Gruyère



Brown pistolet



Pumpkin seeds



Garlic clove



Sweet potato



Thyme

Ingrediënten	1P	2P	3P	4P	5P	6P
Pumpkin seeds (g) <b>19) 22)</b>	10	15	20	25	30	35
Garlic clove	1	2	3	4	5	6
Sweet potato (g)	150	300	450	600	750	900
Celeriac	¼	½	¾	1	1¼	1½
Thyme (tsp.)	½	1	1½	2	2½	3
Gruyère (g) <b>3)</b>	50	100	150	200	250	300
Brown pistolet <b>1) 3) 6) 7) 22) 25) 27)</b>	1	2	3	4	5	6
Olive oil (tbsp.)*	½	1	1	1	1½	1½
Vegetable bouillon cube*	¾	1½	2¼	3	3¾	4½
Real butter (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

\* Add yourself

#### Allergens

**1)** Gluten **3)** Eggs **6)** Soy  
**7)** Milk/lactose  
 May contain traces of  
**19)** peanuts, **22)** nuts,  
**25)** sesame and **27)**  
 lupine.

#### Utensils

Pot with lid, bowl, stick  
 blender

**Nutrition Facts** 738 kcal | 25 g protein | 48 g carbs | 30 g fat, of which 16 g saturated | 15 g fibres



**1** Preheat the oven to 190 degrees and cook 500 ml of water per person. Heat a pot with a lid over medium heat and fry the pumpkin seeds without oil until they begin to pop. Then remove from the pan and set aside.

**2** Meanwhile cut or press the garlic. Peel the sweet potato and celeriac and cut into cubes of approximately 1 - 2 cm.



**3** Heat the olive oil in soup pot with lid and fry half of the garlic on low heat for 1 minute. Add the sweet potato and celeriac and cook for 1 minute over medium heat. Add 400 ml of water per person and crumble the bouillon cube over the pot. Cover the pot and simmer for 15 minutes.

**4** Meanwhile, in a bowl, mix the butter with the thyme, remaining garlic, half the gruyere, salt and pepper. Slice the baguette 2 cm lengthwise and fill it with the thyme-cheese mixture. Bake the baguette 3 - 4 minutes until golden brown in the oven.



**5** Remove the soup from the heat and puree with a stick blender. Flavor to taste with salt and pepper. Add boiling water if you want to thin the soup.

**6** Divide the soup into bowls and garnish with the pumpkin seeds and remaining gruyere. Serve with the thyme cheese baguette.



**Tip!** Your kids can help with filling the breads.

**Fact!** Did you know that celeriac is one of the highest fiber vegetables there is? 200g celeriac contains 30% of the daily recommended amount of dietary fiber. With this meal you have already met half of that requirement.



WINEBOX

### Ramón Roqueta blanco

Exactly because of the coriander we choose a white wine which feels tropical. Even a spicy dish is no problem with this wine!



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## Quinoa with vegetables, almonds, coriander and labne

The vegetables provide a nice touch of color

A recipe with plenty of vegetables. Wonderfully spiced with cinnamon and coriander. This week you prepare the quinoa with oven roasted vegetables. Super easy since we already carved the pumpkin that you bake in the oven along with the peppers and red onion.

store in refrigerator



35-40 min



a lot of steps



eat at the beginning



vegetarian



gluten free



Pumpkin



Fresh coriander



Labne



Red onion



Red bell pepper



Yellow bell pepper



Almonds



Orange



Quinoa



Cinnamon



Ground coriander



## Ingredients

	1P	2P	3P	4P	5P	6P
Red onion	½	1	1½	2	2½	3
Red bell pepper	½	1	1½	2	2½	3
Yellow bell pepper	½	1	1½	2	2½	3
Pumpkin (g) <b>23)</b>	100	200	300	400	500	600
Almonds (g) <b>8) 19) 22)</b>	20	40	60	80	100	120
Orange	¼	½	¾	1	1¼	1½
Fresh coriander (stems) <b>23)</b>	4	8	12	16	20	24
Quinoa (g)	85	170	250	334	420	500
Cinnamon (tsp.)	⅓	⅔	1	1⅓	1⅔	2
Ground coriander (tsp.)	1	2	3	4	5	6
Labne (g) <b>7) 19) 22)</b>	40	80	120	160	200	240
Vegetable bouillon (ml)*	175	350	525	700	875	1050
Olive oil (tbsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp.)*	1	2	3	4	5	6
White balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**7)** Milk/lactose **8)** Nuts  
May contain traces of  
**19)** peanuts, **22)** (other)  
nuts and **23)** celery.

## Utensils

Baking sheet with baking paper, fine grater, pot with lid, large bowl or salad bowl

**Nutrition Facts** 736 kcal | 22 g protein | 73 g carbs | 37 g fat, of which 7 g saturated | 11 g fibres



**1** Preheat the oven to 200 degrees and prepare the bouillon. Cut the red onion into rings and chop the bell peppers coarsely.



**2** Mix the red onion, peppers, and pumpkin cubes with olive oil, and salt and pepper to taste on a baking tray with baking paper and bake for 15 - 20 minutes in the oven.



**3** Meanwhile, chop the almonds coarsely. Wash the orange thoroughly. Grate the orange zest with a fine grater and squeeze the juice out. Chop the coriander small.

**4** Heat a pot with a lid over high heat and fry the almonds, without oil, until golden brown. Remove from the pan and set aside.

**5** Put the pot with a lid back on low heat, add the quinoa, cinnamon, ground coriander and ½ tsp. orange zest per person and cook, stirring for 1 minute. Add the bouillon and cook the quinoa, covered, for 12 - 15 minutes. Add more water. Then drain and stir the quinoa with a fork. Let steam without a lid.

**6** Make a dressing of extra virgin olive oil, white balsamic vinegar, 2 tbsp. orange juice per person and salt and pepper to taste. Mix the quinoa with the vegetables from the oven, and half of the coriander in a large bowl or salad bowl and season with salt and pepper and the dressing.

**7** Divide the dish on the plates and garnish with the labne and remaining coriander.



**Tip!** This dish is rich in calories. Are you watching your calorie intake? Then use ½ tbsp. olive oil per person for the dressing; afterall, there is already olive oil on the vegetables. You can also choose to use 60g of quinoa per person instead of 85 g.





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WINEBOX

### Masan blanc

The fresh notes in this salad, the vegetables and feta, call for a wine which also offers a fresh taste: the Masan from the south of France.



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## Rigatoni salad with white zucchini, tomatoes and feta

Served with crunchy pine nuts

Rigatoni are big ridged pasta tubes that are cut off with straight edges. This type of pasta is perfect for both cold and hot dishes. Do you have some left over after the meal? Ideal to eat the next day for lunch! It is a delicious dish with fresh tomato, feta, and sweet, white zucchini.

store in refrigerator



25-30 min



super easy



eat within  
3 days



vegetarian



kid  
friendly



Fresh curly parsley



Feta



Rigatoni



White zucchini



Garlic clove



Pine nuts



Paprika powder



Cherry tomatoes

## Ingredients

	1P	2P	3P	4P	5P	6P
Rigatoni (g) <b>1)</b>	90	180	270	360	450	540
Cherry tomatoes (g)	125	250	375	500	625	750
Fresh curly parsley (stems) <b>23)</b>	1	2	3	4	5	6
White zucchini	½	1	1½	2	2½	3
Garlic clove	1	1	2	2	3	3
Pine nuts (g) <b>19)</b> <b>22)</b>	10	15	20	25	30	35
Paprika powder (tl)	1	2	3	4	5	6
Feta (g) <b>7)</b>	40	75	100	125	150	175
Olive oil (tbsp.)*	1	1	1	2	2	2
Extra virgin olive oil (tbsp.)*	1	2	3	4	5	6
Black balsamic vinegar (tsp.)*	1	2	3	4	5	6
Honey (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**1)** Gluten **7)** Milk/lactose  
May contain traces of  
**19)** peanuts, **22)** nuts  
and **23)** celery.

## Utensils

Pot with lid, salad bowl,  
frying pan, bowl

**Nutrition Facts** 699 kcal | 24 g protein | 83 g carbs | 28 g fat, of which 3 g saturated | 6 g fibres



**1** Boil 500 ml of water per person in a pot with a lid for the rigatoni and cook the pasta, covered, for 10 - 12 minutes. Then drain.

**2** Meanwhile, cut the cherry tomatoes into quarters and chop the curly parsley fine. Mix the cherry tomatoes and the majority of the curly parsley in a salad bowl. Cut the white zucchini into thin half slices and cut or press the garlic.



**3** Heat a frying pan over high heat and fry the pine nuts, without oil, until golden brown. Remove from the pan and set aside.

**4** Heat the olive oil in the same frying pan and fry the garlic and zucchini with the paprika powder for 3 - 4 minutes over medium heat. Season with salt and pepper. Then add to the salad bowl.



**5** Crumble the feta and make a dressing using extra virgin olive oil, black balsamic vinegar, honey, salt and pepper. Add the rigatoni, dressing, and half of the feta to the salad bowl.

**6** Divide the dish onto the plates and garnish with the pine nuts, remaining feta and remaining curly parsley.



**Tip!** Roasted nuts or seeds are always removed from the pan straight after they are baked. This way they do not burn in the pan since it remains very hot.

Leave the tomatoes whole and bake together with the zucchini. Use as garnishing together with the pine nuts, feta and herbs.